

FEEL

INSTANTLY BETTER



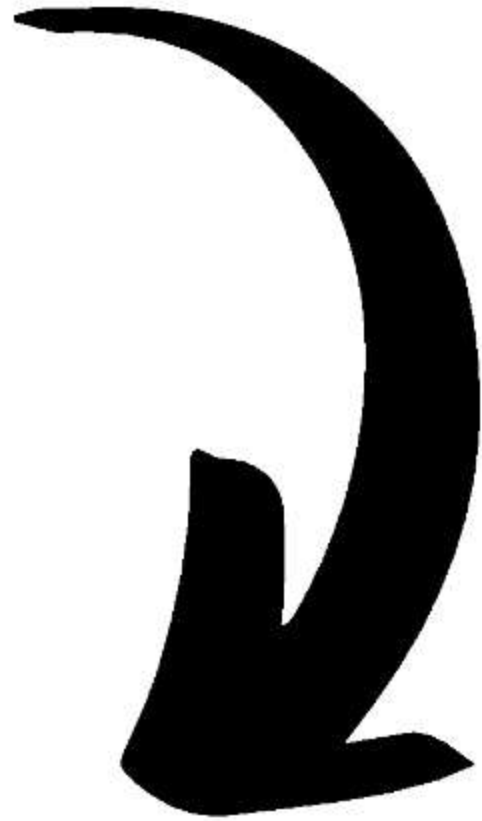
Overthinking



Write



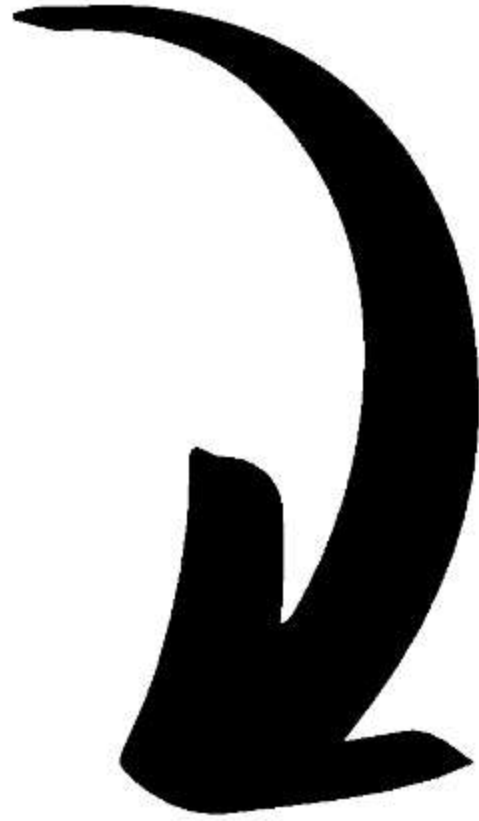
Anxious



Meditate



Tired



Nap

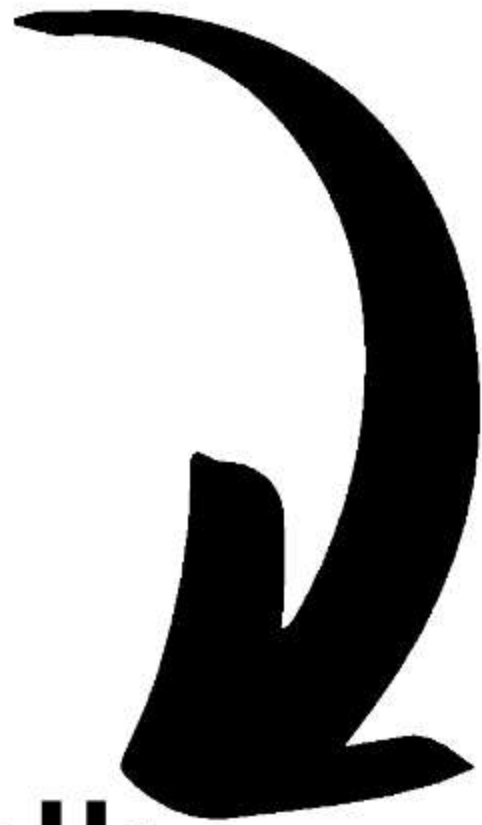


Sad



Excercise

Stressed



Go for a Walk



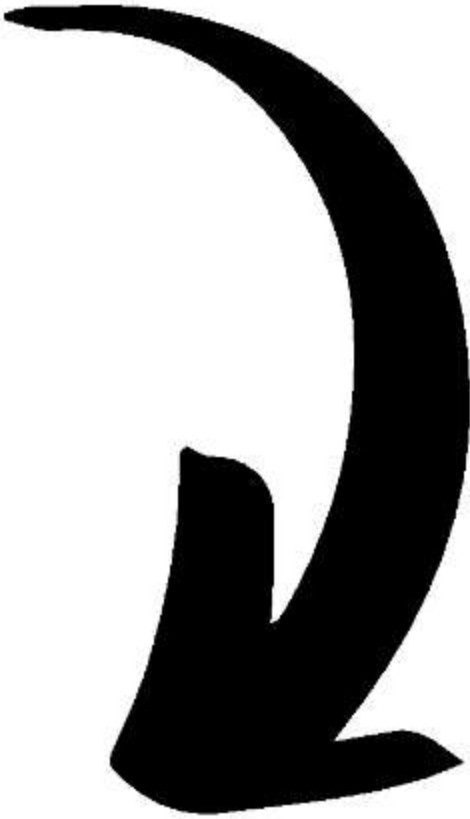
Angry



Listen to Music



Lazy



Reduce Screen Time



Burn Out

Read

